

Brown Rice with Sizzling Chicken and Vegetables

Cook time: 30 minutes

Makes: 4 Servings

This rice bowl with vegetables and chicken is simple to prepare and appealing to children and adults alike!

Ingredients

- 3 cups** hot cooked brown rice
- 3 tablespoons** low-sodium soy sauce
- 1/4 cup** water
- 1 tablespoon** honey
- 1 tablespoon** cornstarch
- 1 1/2 tablespoons** canola or corn oil
- 1 pound** boneless chicken breast (cut into 1-inch cubes)
- 2 cloves** garlic (minced)
- 1** small white onion, cut into small wedges (about 1/8 inch thick)
- 3** medium carrots, peeled and thinly sliced (1 cup total)
- 1 1/2 cups** small broccoli florets
- 1** medium red bell pepper (cut into 1 -inch pieces)

Directions

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minutes until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	410	
Total Fat	10 g	15%
Protein	30 g	
Carbohydrates	49 g	16%
Dietary Fiber	6 g	24%
Saturated Fat	1.5 g	8%
Sodium	580 mg	24%

MyPlate Food Groups

Vegetables	1 cup
Grains	1 1/2 ounces
Protein Foods	3 ounces

4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients and at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk.